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Wednesday, May 16, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

'13 REASONS' FOR CONTROVERSY?

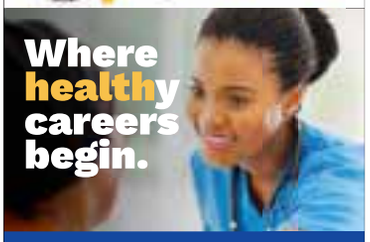
Season two of Netflix's hit show braces for more drama. 18

GETTY IMAGES

Step into a Hawaiian garden in the Bronx. 19

Steve Kerr dodged Knicks bullet four years ago. 23

Swedish Institute College of Health Sciences



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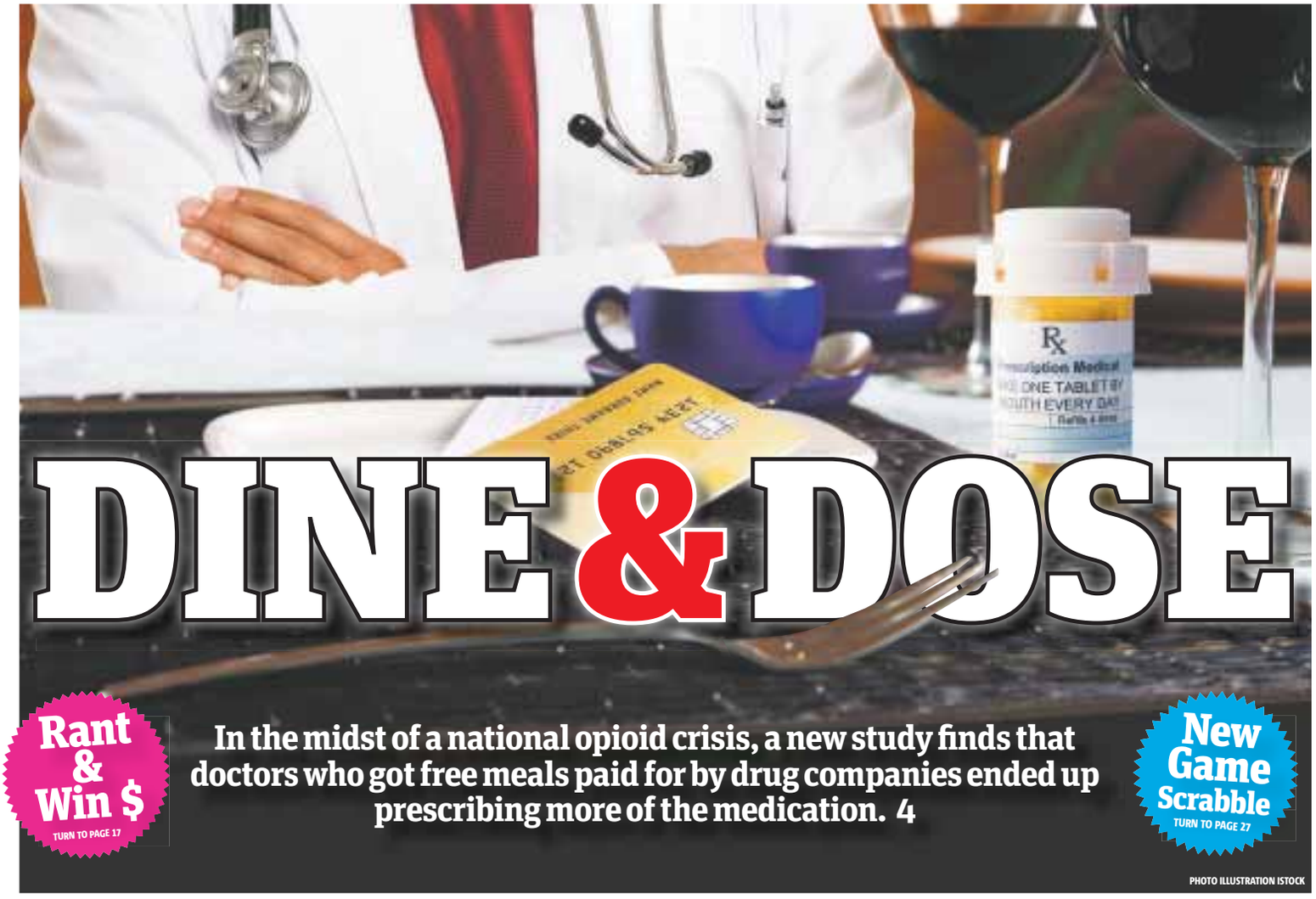

DINE & DOSE

Rant & Win $

TURN TO PAGE 17

In the midst of a national opioid crisis, a new study finds that doctors who got free meals paid for by drug companies ended up prescribing more of the medication. 4

New Game Scrabble

TURN TO PAGE 27

PHOTO ILLUSTRATION ISTOCK

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5 THINGS TO KNOW

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MATT JUUL, BOSTON FEATURES EDITOR

"13 Reasons Why" returns this weekend, and with it will likely come another round of criticism. While Netflix's hit teen drama received a ton of praise from fans and critics when it debuted last year, the show also faced plenty of backlash, particularly from mental health professionals who took issue with the series' portrayal of suicide, sexual assault and other serious issues. Before season two premieres, we examine how "13 Reasons Why" plans to curb the controversy this time around.

NORTH KOREA CASTS DOUBT ON TRUMP SUMMIT

1 North Korea on Wednesday threw into question an unprecedented summit between its leader Kim Jong Un and President Donald Trump scheduled for next month, denouncing military exercises between South Korea and the United States as a provocation and calling off high-level talks with Seoul. A report on North Korea's official Korean Central News Agency angrily attacked the "Max Thunder" air combat drills, which it said involved U.S. stealth fighters and B-52 bombers, and appeared to mark a break in months of warming ties between North and South Korea and between Pyongyang and Washington. Any cancellation of the June 12 summit in Singapore, the first meeting between a serving U.S. president and a North Korean leader, would deal a major blow to Trump's efforts to score the biggest diplomatic achievement of his presidency. Trump has raised expectations for a successful meeting even as many analysts have been skeptical of the chances of bridging the gap due to questions about North Korea's willingness to give up a nuclear arsenal that now threatens the United States. The KCNA report called the air drills a "provocation" that went against the trend of warming ties.

FACEBOOK SEES INCREASE IN POSTS WITH VIOLENCE

2 The number of posts on Facebook showing graphic violence rose in the first three months of the year from a quarter earlier, possibly driven by the war in Syria, the social network said on Tuesday, in its first public release of such data. Facebook said in a written report that of every 10,000 pieces of content viewed in the first quarter, an estimated 22 to 27 pieces contained graphic violence, up from an estimate of 16 to 19 late last year. The company removed or put a warning screen for graphic violence in front of 3.4 million pieces of content in the first quarter, nearly triple the 1.2 million a quarter earlier, according to the report. Facebook does not fully know why people are posting more graphic violence but believes continued fighting in Syria may have been one reason, said Alex Schultz, Facebook's vice president of data analytics. "Whenever a war starts, there's a big spike in graphic violence," Schultz told reporters at Facebook's headquarters. Syria's civil war erupted in 2011. It continued this year with fighting between rebels and Syrian President Bashar al-Assad's army. This month, Israel attacked Iran's military infrastructure in Syria.

EVAN RODRIGUEZ

STORMS SLAM NORTHEAST, SNARLING TRANSPORTATION

3 Powerful storms packing high winds, torrential rain and hail slammed heavily populated parts of the Northeast on Tuesday, snarling transport and causing widespread power outages in an area home to tens of millions of people.

The National Weather Service issued a severe thunderstorm warning from Maryland to New Hampshire. There were nearly 50 reports of hail in states including Ohio, Pennsylvania, New York and Connecticut, it said.

A tornado was spotted in Sullivan, in northern New York, but there were no reports of damage, it said. Parts of Connecticut were placed under a tornado warning on Tuesday night.

Nearly 600,000 customers in New York, New Jersey, Connecticut, Pennsylvania and Virginia were without power as of the late afternoon on Tuesday, tracking service PowerOutage.us said.

At Grand Central Station, the Hudson, Harlem and New Haven lines were suspended due to the storms, the station's Twitter feed said.

Nearly 400 flights were canceled at airports serving the New York area as of 6 p.m., according to tracking service FlightAware.com.

"The greatest threat for any flash flooding or severe weather will be across southern New England and the northern Mid-Atlantic states Tuesday evening," the National Weather Service said.

HOUSE TO VOTE ON EASING POST-CRISIS BANK RULES

4 The U.S. House of Representatives will vote next Tuesday on a bill that would relax regulations introduced after the 2007-2009 financial crisis, two congressional sources said. The bill is expected to be approved by the Republican-majority House, clearing the way for President Donald Trump to sign the measure into law. The bill's enactment would mark the first time policymakers have agreed to ease rules on banks since the 2010 passage of the Dodd-Frank financial reform law, and hand Trump another victory in his effort to slash rules on the private sector. House Republican leaders agreed to move on the bill after the Senate said it would separately consider additional legislation to make it easier for companies to raise capital, according to House Majority Leader Kevin McCarthy. Among its provisions, the bill would raise the threshold at which banks are considered systemically risky and subject to stricter oversight to $250 billion from $50 billion. It also exempts banks with less than $10 billion in assets from rules banning proprietary trading, as well as exempts smaller banks from several other post-crisis rules.

DA VANCE TO STOP TRYING CERTAIN MARIJUANA CASES

5 Starting Aug. 1, Manhattan District Attorney Cyrus R. Vance Jr. will no longer prosecute marijuana possession and smoking cases, his office announced Tuesday. The move comes after a six-month review of jurisdictions where marijuana is no longer criminally prosecuted, and one analysis by his office estimated there could be a 96 percent reduction in prosecutions. "The dual mission of the Manhattan DA's Office is a safer New York and a more equal justice system," Vance said. "The ongoing arrest and criminal prosecution of predominantly black and brown New Yorkers for smoking marijuana serves neither of these goals." Vance said his office is discussing limited exceptions to the policy with Mayor Bill de Blasio and NYPD Commissioner James P. O'Neill, "the goal of which is to radically reduce the criminal prosecution of these offenses." It's a move that Vance's Brooklyn counterpart, Eric Gonzalez, backs. "I believe that low-level marijuana cases should be responded to with summonses rather than arrests," he said in a statement. ***Read more about marijuana policy in New York City on page 6.*** NIKKI M. MASCALI

STATS

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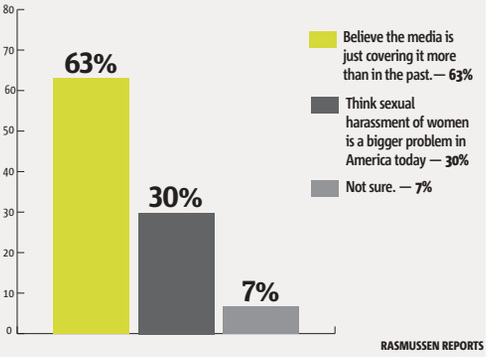
Is sexual harassment of women a bigger problem in America today, or is the media just covering it more than it has in the past?



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New data: Drug companies buying doctors meals leads to more opioid prescriptions

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

A Boston Medical Center study found that when doctors get a cheap meal, around $13, paid for by a drug company, they end up prescribing more opioids to their patients.

With the opioid epidemic leading to thousands of overdose deaths a year, some experts have pinned responsibility on pharmaceutical companies and their influence on what doctors prescribe.

But it doesn't take thousands of dollars from a drug company to affect a doctor's prescribing habits. In most cases, just paying for a meal is enough.

Doctors who had just a meal or two, at a median value of $13 paid for by pharmaceutical companies, were more likely to prescribe opioids to their patients, according to a new Boston Medical Center study published in JAMA Internal Medicine.

Lead study author Dr. Scott Hadland said that while it's been known that some drug companies pay doctors large sums to promote their products, he and his fellow researchers were "more interested in the subtle but widespread practice of offering meals to doctors."

Researchers from Boston Medical Center's Grayken Center for Addiction looked at data on opioid prescriptions from Medicare Part D claims, and pharmaceutical marketing from Open Payments, a federal program that collects info on drug company payments to doctors.

They identified 369,000 doctors — about 43 percent of all physicians in the country — who prescribed at least 10 opioids in 2015. Then, they looked at drug company payments to these doctors in 2014, including meals, speaking fees, travel and so on.

Any opioid marketing in 2014 was associated with a 9.3 percent increase in opioid claims in 2015, the study found, and 92 percent of these payments were in the form of meals, which had a median value of $13.

"There were fewer opioid prescriptions written in 2015 than the year prior," Hadland said, "but if you look at the doctors in our sample who received opioid marketing in 2014, they increased the number of opioid prescriptions that they wrote as group."

$13

Doctors who had a meal or two, at a median value of $13 paid for by pharmaceutical companies, were more likely to prescribe opioids.

For each additional meal that doctors received from drug companies, the number of opioids they prescribed increased.

"We actually found that only 1.7 percent of doctors received more than $1,000 in total marketing," Hadland said.

It's not necessarily a malicious act on the part of the doctors, though. Hadland noted that opioids are "completely appropriate for certain patients who are living with pain," and that these doctors may not have realized their habits had changed.

"If you asked the doctors in this study, 'Do you believe this marketing influences your prescribing?' I think they would say no," Hadland said. "But the data shows that in a subtle but widespread way, it does."

To curb this, more regulation is needed, researchers say. Some states are making moves — like New Jersey, which recently capped the amount physicians can earn from drug companies at $10,000. But it's still not enough, Hadland said.

"As we've shown in our study, only a very small minority of doctors really received large payments," he said. "Policies like that are really unlikely to impact the broader profession as a whole. I think what's important is to limit the number of interactions [between pharma companies and doctors], regardless of value."

Doctors who got free meals paid for by drug companies ended up prescribing more opioids, a study found. ALL IMAGES ISTOCK

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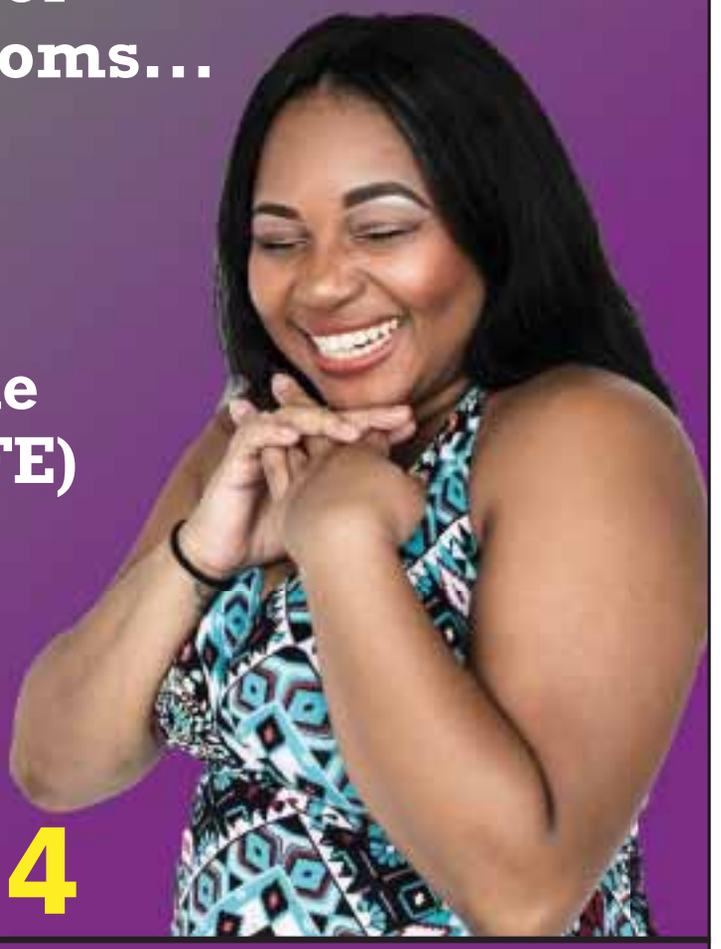

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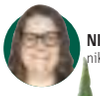
Comptroller Stringer: Pot legalization could bring $335M in city tax revenue

The move would benefit the boroughs and the state: "There is no reason to be stuck in the dark ages," he said.



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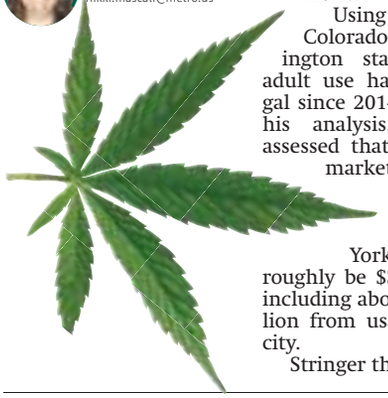

As the debate over marijuana legalization rages on in New York state, an analysis by city Comptroller Scott Stringer estimates that the potential adult-use marijuana market could bring in as much as $436 million in tax revenue for the city alone.

Using data from Colorado and Washington state, where adult use has been legal since 2014, to guide his analysis, Stringer assessed that the adult market for legal marijuana in New York could roughly be $3.1 billion, including about $1.1 billion from usage in the city.

Stringer then applied tax rates in line with other states and estimated New York could see as much as $436 million in annual tax revenue from legal sales, with New York City netting as much as $335 million — but he stressed the report is not just about tax revenue.

1.5M Stringer's report estimated that there are 1.5 million regular marijuana users in the state.

A new report by city Comptroller Scott Stringer estimates that the potential adult-use marijuana market could bring in as much as $436 million in tax revenue for New York City. ALL IMAGES ISTOCK

"This is not just about dollars — it's about justice," he said. "Not only is marijuana an untapped revenue source for the city and the state, but the prosecution of marijuana-related crimes has had a devastating and disproportionate impact on black and Hispanic communities for far too long."

Legalizing marijuana and reclassifying past convictions, Stringer continued, "would be critical steps toward turning the page on decades of failed policies. This is an opportunity to do what's right and build up the very communities that criminalization tore down."

Stringer's report estimated that there are 1.5 million regular marijuana users in the state, with about 550,000 of them residing in the city.

The study does not include what impact the 970,000 out-of-state city workers — or the millions of tourists — may have on the market if adult-use marijuana is legalized.

"There is simply no reason for New York to be stuck in the dark ages. This new analysis shows just how much New York City and state stand to benefit by moving toward legalization," Stringer said.

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New York City officials looked at how the Freelance Isn't Free Act helped New Yorkers in its first year. ISTOCK

Freelance Isn't Free Act helps New Yorkers recover $250K in lost wages in its first year

New York City's Freelance Isn't Free Act went into effect one year ago, and in that time, it's already helped New Yorkers who work independently get the money they are owed.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Last year, city officials passed the Freelance Isn't Free Act as a way to protect New York City's hundreds of thousands of independent workers. One year in, that move has helped recover more than $250,000 in lost wages.

The New York City Department of Consumer Affairs (DCA) released Tuesday a report looking at the effects of the law in its first year.

That law, which took effect May 15, 2017, gives those who are self-employed certain legal protections when it comes to securing contracts, receiving timely payments and protection from retaliation.

DCA received 299 inquiries about the law and 264 complaints from freelancers over that first year. At 98 percent, the most common allegations by freelancers were about payment violations, like late payment or nonpayment for their services.

Over the first year, DCA has recovered $254,866 in lost wages, according to the report.

The Navigation Program is the mediating authority for these workers within the Freelance Isn't Free law, and out of those 264 complaints, the Navigation Program secured the full payment owned to 90 percent of those freelancers.

"I am proud of the success DCA's Office of Labor Policy & Standards has had securing lost wages for freelance workers while empowering them to take action and seek help," said DCA Commissioner Lorelei Salas in a statement.

"Our report shows that making it clear to those that hire freelancers that there is oversight of new requirements, including issuing written contracts and making timely payments, has been a successful safeguard for workers, leading them to being paid on time and in full."

"I am proud of the success DCA's Office of Labor Policy & Standards has securing lost wages for freelance workers while empowering them to take action and seek help."
Lorelei Salas

DCA will use their findings, Salas said, to improve their educational outreach efforts so that "all New Yorkers' rights at work — whatever kind of work it is — are protected."

For more information about the Freelance Isn't Free Act, workers and those who hire freelancers can visit nyc.gov/dca or call 311 and ask for "Freelance Workers."

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Nurses cared for infants at the New York Infirmary for Women and Children in 1913. NATIONAL LIBRARY OF MEDICINE/FLICKR CREATIVE COMMONS

Greenwich Village plaque honors first female doctor in the US

Elizabeth Blackwell founded the New York Infirmary for Women and Children, and now a plaque at that site on Bleecker Street commemorates her medical achievements.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

A new plaque in Greenwich Village honors Elizabeth Blackwell, the first woman in the United States to receive a medical degree and the founder of the New York Infirmary for Women and Children.

The Greenwich Village Society for Historic Preservation unveiled the plaque this week at 58 Bleecker St., the site of the "first hospital for, staffed and fun by women." Blackwell opened the infirmary almost exactly 161 years ago on May 12, 1857.

"We are proud to honor this pioneering woman and the groundbreaking work she did to help other women, children and the poor throughout New York City," said Andrew Berman, executive director of the Greenwich Village Society for Historic Preservation, in a statement.

"Blackwell not only blazed trails and broke down barriers for women, but she established medical practices and protocols which are used to this day, and which have improved or saved the lives of countless people," he continued. "We all owe her a great debt of gratitude, and now whenever one passes the corner of Bleecker and Crosby streets, we will be reminded of her incredible legacy."

Blackwell was born in England and came to New York to attend Geneva Medical College, where she became the first female doctor in America. After practicing in Europe, she came to New York City in the 1850s and opened a clinic known as the New York Dispensary for Poor Women and Children. She then established the infirmary in 1857, which lasted more than a century.

At the plaque dedication ceremony on Monday, Blackwell's great-great-niece, as well as digital archivists, women's studies experts and practicing clinicians hon-

"Blackwell not only blazed trails and broke down barriers for women, but she established medical practices and protocols which are used to this day, and which have improved or saved the lives of countless people."

Andrew Berman, executive director of the Greenwich Village Society for Historic Preservation

ored Blackwell. Dr. Judy Tung, chair of the department of medicine at New York-Presbyterian Lower Manhattan Hospital, said that Blackwell's infirmary eventually evolved into New York-Presbyterian, and cited Blackwell's achievements as the reason she is a doctor today.

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Scientists think they've figured out the cause of (and cure for) polycystic ovary syndrome

Professor Rob Norman stated that new findings open up "a whole range of opportunities for further investigation" on infertility and PCOS. ISTOCK

In last Friday's cover story, Reproductive Medicine Associates of New Jersey's Dr. Maria F. Costantini-Ferrando spoke to Metro about the emotional toll infertility can take on women, especially around Mother's Day.

"It could be an attractive strategy to restore ovulation and eventually increase the pregnancy rate in these women."

Paolo Giacobini

PCOS affects up to five million U.S. women, according to the CDC, and those with PCOS have higher levels of male hormones called androgens, which can result in the absence of ovulation (leading to infertility).

Though PCOS is known to run in families — and there is research on the genetics behind it — Rob Norman, a professor at Australia's University of Adelaide studying reproductive medicine, told New Scientist that "it's something we've been stuck on for a long time."

Now, scientists from the French National Institute of Health and Medical Research have discovered that PCOS may be triggered in the womb before birth — and they've found success with a potential cure.

Research done at the Institute, and published in the journal Nature, linked PCOS to the overexposure of the anti-Müllerian hormone (AMH) in the womb. Researchers found that pregnant women with PCOS have 30 percent higher AMH levels than normal, and so they wanted to test if this would induce the same condition in their daughters.

They injected pregnant mice with AMH, and sure enough, the daughters they gave birth to eventually developed symptoms of PCOS. In women, this can include irregular periods, excess acne and hair growth on the body and face, as well as ovarian cysts. The mice experienced similar symptoms such as unpredictable menstruation patterns, infertility and late puberty.

The overexposure to AMH in the womb caused an "overstimulation of a particular set of brain cells called GnRH neurons," IFL Science reported. These neurons manage the body's testosterone and, therefore, as the female offspring grew, they displayed PCOS symptoms because of high testosterone levels.

Researchers were actually able to reverse this effect using an IVF drug called cetrorelix, and the mice ceased to have symptoms. Dr. Paolo Giacobini, head scientist of this study, and his team hope to start human trials by the end of the year.

"It could be an attractive strategy to restore ovulation and eventually increase the pregnancy rate in these women," Giacobini said.

Norman stated that these new findings open up "a whole range of opportunities for further investigation" on infertility and PCOS.

SAM BRODSKY

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For the past 95 years, the Coney Island Boardwalk has been an iconic destination stop for both locals and tourists, but now it's an official city landmark. ISTOCK

The Coney Island Boardwalk becomes designated landmark

Built in three phases between 1922 and 1941, the Coney Island Boardwalk officially opened on May 15, 1923.

NIKKI M. MASCALI
nikki.mascali@metro.us

For the past 95 years, the Coney Island Boardwalk has been a landmark for millions of New Yorkers and tourists alike, but on Tuesday, it officially became a designated city landmark.

"We are so proud to designate the Coney Island Boardwalk a Scenic Landmark," said Meenakshi Srinivasan, chair of the Landmarks Preservation Commission. "The Coney Island Boardwalk is as much a part of the culture as it is a part of the history of New York City. It is a beloved public space that embodies Coney Island's democratic spirit and reflects our city's values of tolerance, inclusivity and equity."

The Coney Island Boardwalk opened on May 15, 1923, and was officially named for Brooklyn Borough President Edward J. Riegelmann, who was a primary factor in its creation.

Built in three phases between 1922 and 1941, the boardwalk was designed by engineer Philip P. Farley, who also designed the public beach. The Coney Island Boardwalk extends for 2.7 miles from West 37th Street in Coney Island to Brighton 15th Street in Brighton Beach.

While an attraction in its own right, the boardwalk enhanced other nearby amusements, including The Wonder Wheel, The Cyclone roller coaster and The Parachute Jump, which were all landmarked in the late 1980s.

95 YEARS

The Riegelmann Boardwalk has offered children and families from Brooklyn and beyond a pathway to the carnival of Coney Island for 95 years.

"For 95 years and counting, the Riegelmann Boardwalk has offered children and families from Brooklyn and beyond a pathway to the carnival of Coney Island, connecting generations of memories," said Brooklyn Borough President Eric Adams, adding that the landmark designation protects "for future generations an institution that defines Brooklyn as a destination unlike anywhere else in the world."

What Donald Trump seems to be chafing about is the mere notion that the media, lawmakers, the courts or voters would have any right to scrutinize his actions. GETTY IMAGES

THE FOREMAN FORECAST: A LEAK IN THE HOUSE

ANALYSIS

TOM FOREMAN

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

Traitors. Cowards. Leakers. All three words meant the same thing this week to President Trump as he let fly with a scorching tweet, promising to hunt down anyone in the White House releasing unauthorized information. At the same time, he railed about reporters saying this problem he has identified is … um … a problem: "The so-called leaks coming out of the White House are a massive over exaggeration put out by the Fake News Media in order to make us look as bad as possible."

Right.

Anyway, the thing that set him off was the leaked story that a White House staffer made an insensitive comment about Sen. John McCain's cancer. Trump has expressed no regret that this person said such unkind things. He has certainly not apologized. And there is no indication anyone has been fired. Team Trump has simply once again mounted the ramparts to insist that the real problem here is not what they are doing, but that anyone would tell the public about it.

That this is the immediate reaction of this president is not surprising. After all, his pedigree is not in public service but in the private sector. His entire life has been spent in businesses where, without even a board of directors riding herd on him, his word was law. In that environment, secrets are not merely a fixture, they are virtually a requirement.

To be fair, secrets are sometimes necessary in government too when matters of national security or extremely delicate negotiations are involved. But most of the leaks that have enraged this president — including this latest one — have nothing to do with such issues. They are just embarrassments.

Maybe that's the core of the trouble: What Donald Trump seems to be chafing about is the mere notion that the media, lawmakers, the courts or voters would have any right to scrutinize his actions. He seems to see leakers as traitors because they are defying the boss. But in the public sector, he's not really the boss. Taxpayers are. And that means yes, we all have a right to know what is going on in the White House, even if leakers are at times the most reliable source of inside information.

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"Demand Soars For Innovative Arthritis Treatment FDA

NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment… prepares for overw

By Matt Edgar
America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the ***NY Pain MD*** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they, too, can be helped. And newer research indicates it can help hips, ankles and shoulders as well".

What Is This Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is: Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good… or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your" normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint–much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses it's lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil.* Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

"Visco" Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Viscosupplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here's something very important to consider:** Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by a qualified Doctor.

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible when using ***NY Pain MD*** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T). To achieve the best results.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... "A course of treatment –will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months. "And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation... Where Can You Get It And... When Should You Start?

You should certainly consider The ***NY Pain MD*** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why …

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight "pinching" sensation… that's it.

Why Treatments At *NYC Pain MD* Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the joint space up to 30% of the time rendering the treatment outcomes less effective.

How To Check Out This Breakthrough Treatment And See It Is Right For You For FREE

All the doctors at ***NY Pain MD*** are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

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helming demand as news of it's impressive results spread across NYC and Tri-State Area

But There Is A Problem…

Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

Here's How To Get A Free Screening at NYC Pain MD

Simply call 877-568-8350 and when Aura, Travis or Priscilla answers the phone tell them you want your No-Obligation "Knee Pain Screening". Discover if The ***NYC Pain MD*** Program can ease your knee arthritis pain like it has already done for so many others.

NYC Pain MD
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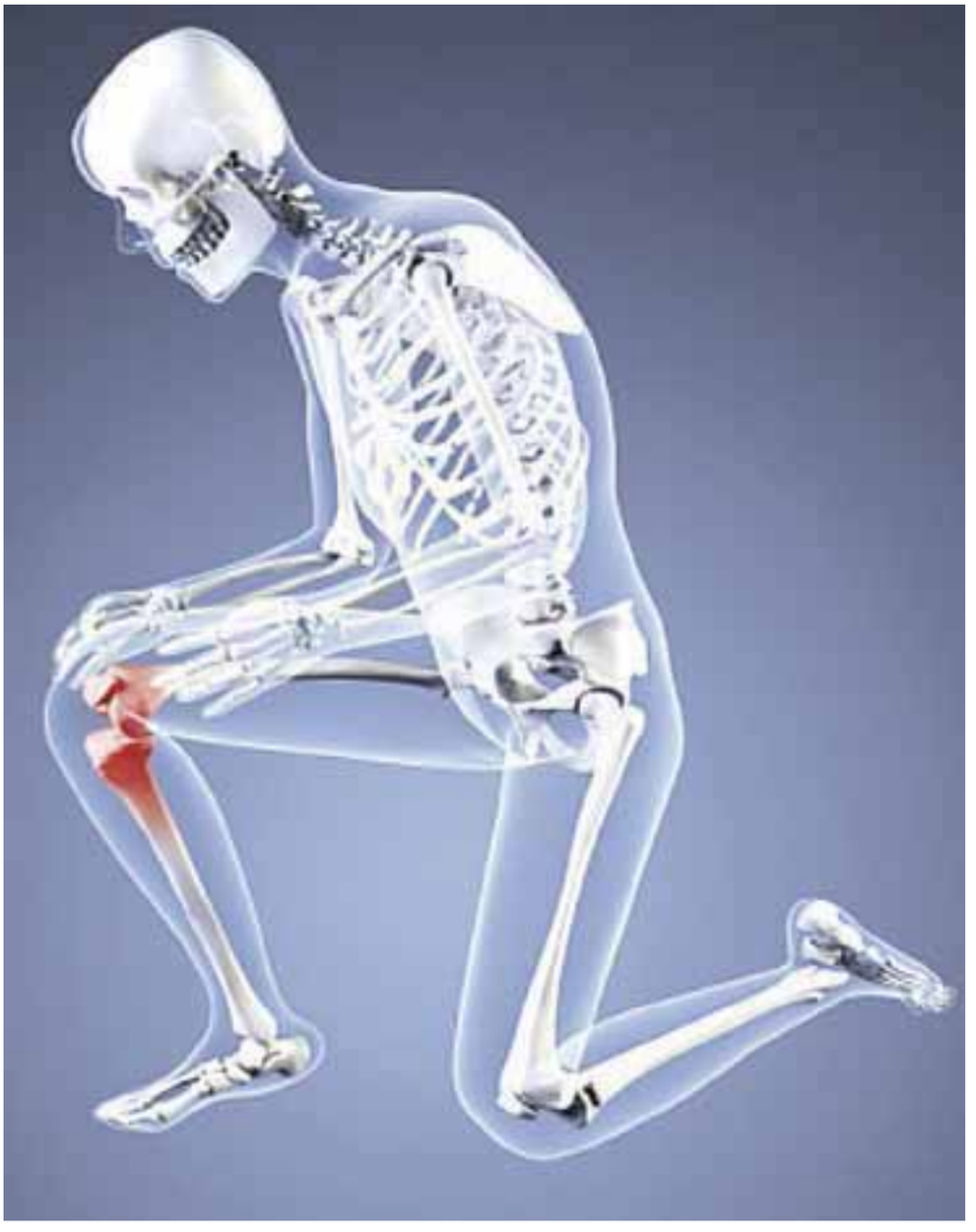
That's why ***NY Pain MD*** would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-568-8350 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a ***"NY Pain MD Knee Pain And Arthritis Screening."*** They will know exactly what you are talking about and schedule you for our first time available. During this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the ***NY Pain MD*** protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hundreds calling weekly. Since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounter. Therefore, the number of No-Cost, No Obligation screenings is limited to just 20. But… just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized… ready to take on the brand new day… without the arthritis pain that's been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just



"imagine" any more… because our specialized medical regimen could be the answer you've been looking for. If you'd like to find out - at no cost to you - if we can help, simply give ***NY Pain MD*** a call at 877-568-8350 right now. Why wait one more day in pain when you may not have to? Call now before some one else get's your spot.

One More Thing & This Is Important…

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail… just keep calling back. The possibility of living pain-free is well worth the effort it may take to get through to ***NY Pain MD*** schedule your No-Cost, No-Obligation screening.

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EpiPen shortage said to be easing, but patients are coming up empty

EpiPen maker Mylan says that "supply levels may vary across wholesalers and pharmacies."

MEAGAN MORRIS
letters@metro.us

Carolyn Janis is worried. Her 4-year-old son needs an EpiPen, but a continued shortage at her Connecticut pharmacy means he won't have access to the epinephrine that could save his life.

"I can't even describe that fear of what's going to happen. Is this going to be that one chance that it's going to push him into anaphylactic shock," Janis told WVIT.

She's not alone: On May 9, the U.S. Food and Drug Administration announced "intermittent supply constraints" on EpiPens due to manufacturing delays at Pfizer's Meridian Medical Technologies, the company that manufactures the devices for Mylan.

"Based on the information provided by the manufacturer, the FDA anticipates the EpiPen shortage to be short term," agency spokeswoman Lauren Smith Dyer told Bloomberg at the time.

But that doesn't seem to be the case.

On Monday, U.S. Sen. Richard Blumenthal sent a letter to the FDA urging the agency to reveal what they're doing to help EpiPen supply.

"Despite assurances from FDA and manufacturers that shortages are intermittent or isolated, there is solid evidence of widespread unavailability," the senator said.

A representative for Mylan said that EpiPens are "available and Mylan is currently receiving continual supply" but that "supply levels may vary across wholesalers and pharmacies."

That statement seems to contradict a Bloomberg report that revealed more than 400 patients in 45 states who were having difficulties finding EpiPens and other auto-injectors.

Advocacy group Food Allergy Research & Education told Bloomberg that some patients were told they'd have to wait weeks to get EpiPens — and some aren't able to get them at all.

WHY ARE EPIPENS NECESSARY?

Experts estimate that more than 15 million Americans have at least one food allergy. Reactions to these foods can range from mild — like hives or an itchy throat — to severe (difficulty breathing). The most severe reaction to a food allergy is known anaphylaxis. Anaphylaxis comes on fast and can be deadly if treatment isn't administered in a short period of time.

Enter the EpiPen.

An EpiPen allows people with food allergies — or someone close to them — to inject life-saving epinephrine. Epinephrine is a chemical that, when injected on the hip or thigh, works to counteract the effects of anaphylaxis by opening airways in the lungs to reverse low blood pressure, hives, wheezing and more.

EPIPEN SHORTAGE: ANOTHER BLOW TO PATIENTS

The EpiPen shortage comes at a time when patients are still trying to get over a price hike that sent costs for the auto-injector soaring — from $50 to over $600 (or more) for two. In 2016, Mylan said the price of EpiPens "has changed over time to better reflect important product features and the value the product provides," and "we've made a significant investment to support the device over the past years."

In the letter sent to the FDA, Blumenthal urged the agency to take action.

"In recent years, EpiPen prices have skyrocketed exorbitantly, making them widely unaffordable," Blumenthal said in Monday's letter. "Now, supply delays and shortages are again denying access to this greatly important device."

Mylan recommends that patients who are having trouble finding the injectors can call their customer relationship team at 800-796-9526.

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Evan Rodriguez
Metro US
Sales Analyst

Salad slackers

Salad stations haven't changed much over the years. Sure, they may have some surprise ingredients once in a while, but for the most part we know there will be a protein, vegetable and cheese. So why is there such an epidemic of people who get to the front of the line and then seem completely bewildered at the salad-building process, to the point where they can't even figure out if they want chicken or turkey. The other day I witnessed a woman arguing with the salad guy that his turkey looked like tofu, and after multiple assurances that it was indeed turkey, she said she'd take chicken. Then she didn't know if she wanted corn or not. After getting three or four ingredients, she lost count and decided to recount all the items she chose and whether the chicken counted as a topping. Please, for the sake of everyone who has a short break for lunch, figure out what you want before you get to the front.

VENT TO US!
GRUMBLE@METRO.US

READER REACTS

'No more backpacks in my face!' BY Virginia Hess, Metro US reader

Very good article, Morgan. Yes indeed, you're right on the mark: "Be mindful and consider your environment. Imagine if everyone in the city all carried big fat backpacks and refused to take them off on trains? There'd be half as much space." Yes, I can imagine that but I'm not holding my breath for it to happen. Too many city subway and bus passengers don't care. I've seen my share of backpackers from school children to adults slam seniors, knocking them off balance — some say "sorry" but none take off their backpack and put it on the floor between their legs. City politicians together with Mayor de Blasio, the City Council, Governor Cuomo, NYS Assembly and Senate elected representatives must demand the MTA require all passengers to remove their backpacks before boarding a city subway train and/or bus. Failure to do it should result in a $50.00 or more fine and be strictly enforced — for it to end.

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The winning caption from Raylan Suzuki, *Boston, MA*

metro.us/horoscopes

Aries Take a closer look at the way you present who you are and what you have to offer. A subtle change will give you the edge you need to get ahead.

Taurus Listen and learn from an expert. Narrow your focus to substantive things. An attention to detail and precision will pay off.

Gemini Emotions will surface, it is necessary to channel energy into something physically challenging to avert stress. Making a personal change or updating your image will be uplifting

Cancer Take a moment to help others. The rewards will be meaningful and informative. Participation in events will open doors and encourage you to get out more.

Leo Keeping busy will be half the battle. Don't let what others do slow you down or cause you to take on responsibilities that don't belong to you. Concentrate on your goals.

Virgo A receptive mind and open discussions with experts, teachers or a mentor will give you something to think about. Short trips and networking events will encourage you.

Libra Getting in touch with your feelings and making a focused effort to bring about positive change are favored. Question anyone offering something that sounds problematic or costly.

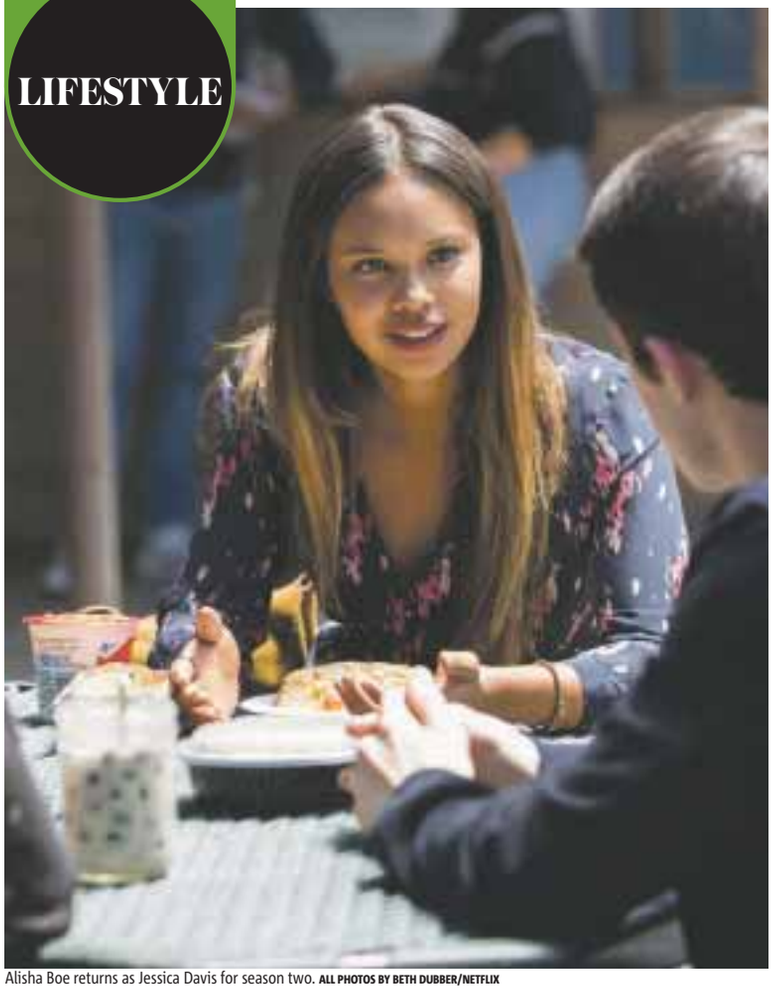
Scorpio Open up to someone you find fascinating and you'll find out something that will motivate you to take on a new challenge. Partnerships look fortuitous and will promote new endeavors.

Sagittarius Love, companionship and putting more time and energy into building a strong relationship should be your priorities. Refuse to let someone from your past stir up trouble. Don't jeopardize trust.

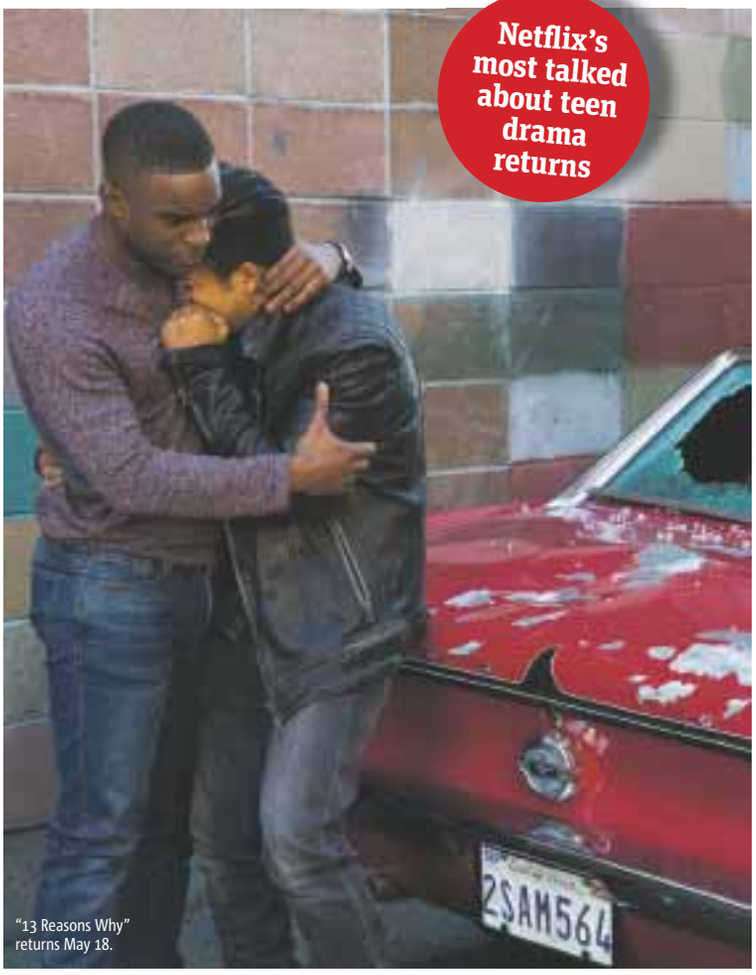
Capricorn Put a plan in place and follow through. Refuse to let someone else's agenda dismantle what you are trying to achieve. Make changes based on research and common sense.

Aquarius Share your feelings and make a physical gesture to let someone know your intentions. Changing the way you do things, dealing with children or updating your look is encouraged.

Pisces Trust, honesty and integrity will play a big role in the way things turn out. You'll have an opportunity, but it could lead to an emotional loss if it's handled poorly. EUGENIA LAST



Alisha Boe returns as Jessica Davis for season two. ALL PHOTOS BY BETH DUBBER/NETFLIX



"13 Reasons Why" returns May 18.

Netflix's most talked about teen drama returns

'13 Reasons Why' braces for more controversy

Season two's marketing aims to temper criticism after the show's triggering first season.

HENRIETTA JONES
letters@metro.us

Season two of Netflix's controversial "13 Reasons Why" drops this weekend, and ahead of its sophomore season, the show has made strong moves to get ahead of the backlash it received during its first season.

Based on the young adult novel by Jay Asher, the first season was based on the aftermath of the suicide of Hannah Baker, who leaves 13 cassettes behind. The show deals with strong themes including teen suicide, substance abuse, bullying and sexual assault.

While the show resonated with younger audiences (becoming the network's most-tweeted-about show) and was a ratings success, it also received global backlash from mental health organizations, school administrations and parents. In particular, Hannah's graphic death seemingly ignored most recommended media guidelines for portraying suicide, and was viewed as triggering and unnecessary by many professionals and mental health advocates.

"Many — myself included — object to the series' depiction of suicide because it lacks understanding about how to show it on screen safely," wrote Mark Henick, a Canadian mental health advocate, in an op-ed for CNN last year. "And that narrative choice, while an artistic one, is also a potentially devastating setback in the effort to combat a problem, which by any conservative estimate is a global health crisis."

Will season two be as controversial as season one?

> ***"Soon after the season one launch, we saw global conversation explode on the controversial topics covered by the series and understood we had a responsibility to support these important discussions,"***
>
> Netflix's vice president of original series, Brian Wright

Approaching season, two, the network and showrunners have attempted to address some of the criticism.

"Soon after the season one launch, we saw global conversation explode on the controversial topics covered by the series and understood we had a responsibility to support these important discussions," Netflix's vice president of original series Brian Wright said in a statement.

Netflix commissioned a study by Northwestern University's Center on Media and Human Development, with Wright acknowledging "research indicated the majority of parents felt that while the show brought up important topics, they wanted more resources from us."

The network has launched a website, 13reasonswhy.info, which links to the Crisis Text Line and National Suicide Prevention Lifeline on the front page. It also lists a number of support organizations with specific focuses, such as RAINN, which helps survivors of sexual abuse, and the Trevor Project, which assists LGBTQ teens.

Each episode will air with a custom intro in which cast members come "out of character" to introduce the show but advise it might not be right for all viewers, and a new after show will explore the issues raised.

The plot in season two will explore the fallout from Hannah's explosive revelations and the aftermath of her suicide, this time incorporating the use of Polaroid photographs instead of cassettes.

"13 Reasons Why" airs May 18 on Netflix.

Hawaii comes to the Bronx

The New York Botanical Garden creates a Hawaiian garden to showcase Georgia O'Keeffe's paintings of its lush tropical landscapes.

EVA KIS
eva.kis@metro.us

People come back from Hawaii different than when they left. Previously serious, Type A people start talking about getting closer to nature, questioning why we're all working so hard and prioritizing happiness.

It happened to Georgia O'Keeffe — that much is clear from the series of 20 paintings she produced after a single visit to our 50th state in 1939. Those works have now been reunited for the first time since they were first displayed in 1940, along with a lush recreation of the Hawaiian fauna that inspired them at the New York Botanical Garden.

Opening Saturday, May 19, Georgia O'Keeffe: Visions of Hawaii is a glimpse of a natural world that understandably inspired the makers of "Jurassic Park" to film the movie there. The garden's main Enid A. Haupt Conservatory has been transformed into the vibrant, oversized landscapes of the Aloha State with more than 300 types of native and cultivated plants set in scenes created by Tony Award-winning designer Scott Pask. Hibiscus flowers hang heavy and so bright, they seem like they grew under a different sun, while plumerias with uniform two-tone petals and sprawling vines of bougainvillea vie for your attention.

Because the paintings can't hang with the plants, find them in the garden's LuEsther T. Mertz Library. Better known for the stark desert landscapes and Native American motifs of her beloved New Mexico, Visions of Hawaii finds her equally talented with capturing the ecological complexity of the Hawaiian islands of Hawai'i, Kauai, Maui and Oahu.

Visions of Hawaii brings a tropical oasis to the Bronx.
NEW YORK BOTANICAL GARDEN

"Hibiscus with Plumeria"
GEORGIA O'KEEFFE MUSEUM

Georgia O'Keeffe in Hawaii
HAROLD STEIN

To put you even more into O'Keeffe's Hawaii, the garden created an app with 360-degree videos of the locations she visited, plus a painting feature to create your own flower portraits. Special performances like hula dancing, traditional music and hands-on crafting bring Hawaiian culture to life on the weekends, plus a "sandscape" for kids to play in and special gardening programs in the Everett Children's Adventure Garden.

Come on select Saturdays from June through August during Aloha Nights to experience the garden at night with illuminated installations by Hawaiian-Chinese sculptor Mark Chai, special events, and themed cocktails and Hawaiian poke.

For the full effect, of course, you need to actually breathe the coconut-scented air, be surrounded by the islands' beautiful people and float in its endless blue ocean. Maybe Visions of Hawaii will inspire you to make it happen.

Georgia O'Keeffe: Visions of Hawaii runs May 19-Oct. 28 at the New York Botanical Garden, 2900 Southern Blvd., Bronx. Access is included in the all-garden pass: $23 on weekdays and $28 on weekends; nybg.org

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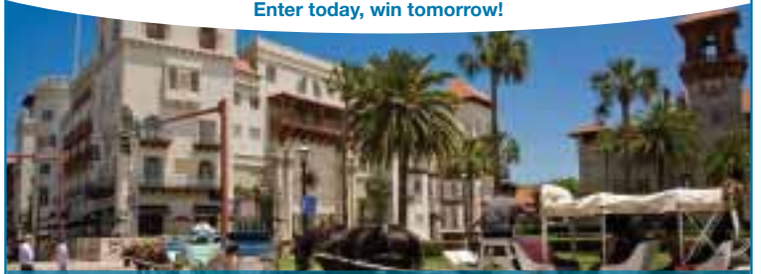

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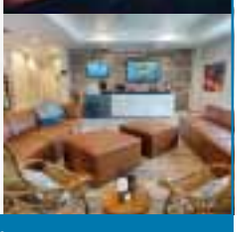

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4 Foods that go *too far*

HUMMUS SHAKE

POP CANDY LAND PIZZA

Chasing Instagram fame has led chefs down some interesting paths — and it's only getting stranger out there.

EVA KIS
eva.kis@metro.us

1 Golden Wings

While garnishing food with gold flakes didn't start with social media, it certainly helped the idea spread beyond Goldschlager. Instagram star Jonathan Cheban (@foodgod) got upscale sports lounge **The Ainsworth** to create the Golden Wings, marinated in coconut butter, chipotle and honey for 24 hours then tossed with real gold flakes and served with bleu cheese dip, available now.

So if you've ever wanted to pose like a Gold Rush prospector biting into a nugget to see if it's the real deal, then end up with gold smeared all over your lips like you'd just made out with a spray-painted performer in Times Square, then wings start at $30 for 10 at **The Ainsworth's East Village** *(64 Third Ave.)* and **Chelsea** *(122 W. 26th St.)* locations.

2 Hummus Shake

We all want to be healthier, but drinking your nutrition is a feature of late-stage capitalism that appears to be distinctly American. The streets of Europe do not teem with green shakes for the performative wellness crowd, while Soylent is trying very hard to condition us into accepting liquid nutrition without any commitment to taste, but we deserve better. Unfortunately, the Hummus Shake at **Hummus & Pita Co.** is not it. Made with chickpeas, tahini, bananas, dates, almond milk, vanilla and cinnamon, the milkshakes come in strawberry, chocolate, pistachio and butter pecan flavors. But none of that masks the chalky texture and chickpea aftertaste you don't crave.

3 Pop Candy Land Pizza

When did we start aspiring to eat like mythical creatures? Of course, any real creature could eat something like the pizza named Pop Candy Land at FiDi's **Industry Kitchen** and not go into a diabetic coma. At least the dreams would be trippy?

Even in New York, pizza is not sacred. This $18 creation lurks only on the brunch menu, casually tucked among the wood-fired pizzas despite desserts having their own section. Combining the trends of pizza and rainbow-colored unicorn food, the Pop Candy Land has a sweet rainbow crust, topped with cream cheese frosting, Pop Rocks and a dollop of cotton candy. Even My Little Ponies would question calling that pizza.

4 Poke Cone

Ice cream is already a perfect summer food. So are Hawaiian poke bowls. But **Pokee** in Greenwich Village went a step too far with its new menu item. The Poke Cone ($8.95) is "an alternative to ice cream in hot weather," and let's just stop right there and agree that nobody has ever considered raw fish and ice cream interchangeable.

The waffle cone's sweetness matches their sauces, a rep assures us. If you can get past all that, there's the issue of how to eat it, and getting to the glop of rice at the bottom is not something to look forward to.

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1. DiMeo PJ. Psychosocial and Relationship Issues in Men with Erectile Dysfunction. Urologic Nursing. 2006 Dec; 26(6): 442-453.

Your fave '90s drink is now fashion

PROVIDED

Forget the Coke and Pepsi wars — they were just an advertising ploy anyway. The best beverage of our teenage years was AriZona Iced Tea. The bigger can alone made it a no-brainer for that sweet lunchtime sugar rush.

Speaking of those cans, they were always pretty fashionable in that iconic early '90s way: nearly-neon hues, lots of experimentation with geometry — like wearing a '50s diner but in a good way. So for its 25th anniversary, AriZona has turned its signature designs into covetable fashions and accessories.

The Great Buy 99 store (greatbuy99.com) — you can still nab a can for that price, even in New York — launches today with AriZona Iced Tea-themed clothes from tracksuits and pajamas to hats and custom sneakers. Accessories were not forgotten, with a huge and essential range of items from lip balms and air fresheners (um, sure) to Zippo lighters and patches. Prices range from 99 cents to $200.

Unlike our endless desire for nostalgia, the goods are only available for a very limited time through Monday, May 21. While the online store will have a selection of gear, for the full line of merchandise you'll have to head to the Great Buy 99 pop-up shop at 43 Crosby St., open from 11 a.m. to 8 p.m.

In addition to stocking a rotating selection of items daily, the store will also have a "speakeasy" back room. Inside, a secret Green Tea Garden awaits where you can get custom embroidery done on select merchandise. Or make your devotion more permanent with flash sheet ink by Bang Bang tattoo artists JonBoy and Rob Greene (first come, first served on May 16, 18, 20 and 21). EVA KIS

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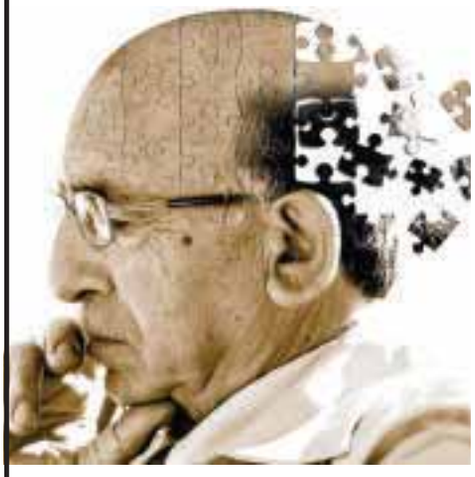

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Mental spring cleaning tips with Mel Robbins

We spoke with the best-selling author and Audible podcast host about the best ways to get motivated this spring.

PAT KING
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Now that the weather is finally warming up, we can break free from our winter hibernation fogs and start making the changes we promised we'd make back in January with our New Year's resolutions.

We recently spoke with Mel Robbins, the best-selling author and the creator and host of the new Audible original series "Kick Ass with Mel Robbins," about all of the ways that you can take advantage of your new spring-fueled optimism and change your life for the better. Robbins' main goal is to get people to stop waiting and start doing. Here are some of her tips to help you do some serious mental spring cleaning.

Don't sleep with your phone

Leaving your phone outside of your bedroom while you sleep may sound like a small step to you. But according to Robbins, keeping your phone outside of your room may be the greatest and most immediate change you can make toward a more productive life. By keeping your phone in your bed you run the risk of 1) staying in bed longer in the morning by checking your various feeds and sites, 2) hitting the snooze button over and over creating a mental condition known as "sleep inertia" which is a mental condition that can severely hinder your productivity for four hours after you finally get going for the day and 3) checking your phone in bed when you wake up can cause severe anxiety.

Mel Robbins has some tips to help you get your life on track. AUDIBLE

"When you lie in bed and you look at your phone," explains Robbins, "it creates anxiety, FOMO, and you have just made a critical mistake because you have allowed everybody else's lives and interests enter your brain before you have thought about your own." She advises that you leave your phone charging in another room overnight. That way if you have the urge to check it in the morning, you will have to put in the effort to get out of bed and track it down first.

Sign up for group exercise classes

If you sign up for a group exercise like CrossFit or a spin class, you will be pushing yourself with a team to achieve a collective goal. Once you've done it a few times, this kind of momentum will get you motivated for your next class.

Of course, Robbins wants you to be realistic with yourself. "You're not ever going to feel like doing these things," she explains, "and that's normal. It's normal to feel doubt. It's normal to feel anxiety. It's normal to have an excuse. But letting those things stop you? That's a choice."

For more of Robbins' helpful tips, visit audible.com/Mel_Robbins.

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9 PM, TNT

Rangers waiting for Keefe?

The Blueshirts have still not found a new head coach despite firing Alain Vigneault in early April.

JOE PANTORNO
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It's been more than five weeks since the New York Rangers fired head coach Alain Vigneault, ending a five-year stint behind at Madison Square Garden.

They are the only team currently without a head coach as three teams have already made hires since Vigneault was shown the door. The Calgary Flames brought on former Carolina Hurricanes coach Bill Peters while the Dallas Stars hired University of Denver head coach Jim Montgomery to the same position. The Hurricanes brought on a familiar face to their ranks last week, hiring former captain Rod Brind'Amour to lead the team from behind the bench.

So what is taking the Rangers so long?

Well, they have to wait for all of their candidates to be available.

While the entire list is not known, the Rangers have been active over the past month. General manager Jeff Gorton told Larry Brooks of the New York Post at the end of April that he already has spoken with a number of candidates and is not done interviewing just yet.

Among those candidates yet to be spoken with is Sheldon Keefe, who is currently coaching the Toronto Marlies toward the Calder Cup in the AHL. His side is currently in the conference finals after putting up the league's best record in 2017-18.

Keefe has been linked with the Rangers since shortly after the team's coaching change as he fits the mold of Gorton's desire to bring in a "fresh" mind to the franchise.

The Rangers might be waiting to talk to Sheldon Keefe before making a head-coaching decision. GETTY IMAGES

At 37 years old, Keefe is as fresh as they come, entering the coaching ranks 12 years ago after a brief NHL playing career with the Tampa Bay Lightning.

He's already won the Canadian Junior Hockey League championship with the Pembroke Lumber Kings in 2007. He made the jump to the Ontario Hockey League in 2012, steering the Sault Ste. Marie Greyhounds to three playoff appearances before joining the Marlies of the AHL in 2015.

Keefe led the Marlies to a 54-18-0-4 record this season as they are favorite to win the Calder Trophy. It is only when their season ends that the Rangers can interview Keefe, which means they could be waiting until the middle of June before bringing him in.

On anniversary, Kerr flies high while Knicks stay grounded

Oh, what could have been.

Four years ago, the New York Knicks and Golden State Warriors were two franchises searching for a new head coach during the month of May.

The Knicks had dismissed Mike Woodson after two-plus seasons and two playoff appearances, though the 2013-14 season saw the Knicks finish eight games under .500 and miss the postseason for the first time in three years. Still, Carmelo Anthony, Amar'e Stoudemire and the newly-signed Andrea Bargnani provided some hope for a team that also was attempting to mold Tim Hardaway Jr. into a star.

The Warriors were fresh off a 51-win season, the most put up since 1991-92, but lost in the first round of the Western Conference playoffs in seven games to the Los Angeles Clippers. Jackson was suddenly and surprisingly fired after three seasons after spats with management put too much of a strain on the relationship between the two parties despite the head coach helping build the Warriors into what was looking like a formidable squad.

Steve Kerr smartly joined the Warriors instead of the Knicks. GETTY IMAGES

Steph Curry was developing into a star while the young Klay Thompson and rookie Draymond Green quickly became the core of a franchise that hadn't won a title since 1975.

Both teams quickly set their sights on Steve Kerr, who had never coached before, but showed a high basketball IQ during his playing days with most notably the Chicago Bulls and San Antonio Spurs.

The Knicks were early front-runners considering team president Phil Jackson coached Kerr to three championships in Chicago.

New York offered Kerr a four-year deal worth $25 million after speaking with him for almost two months, but Golden State swooped in and provided the promise of greener pastures after losing out on Stan Van Gundy, who joined the Detroit Pistons.

"They have a good young team. The location is ideal, Kerr told NBA.com at the time. "My daughter goes to Cal and plays volleyball. My oldest son is in college in San Diego and our youngest is a junior in high school. It's just a short flight for them."

On yesterday's date, May 15, Kerr accepted a five-year, $25 million deal with the Warriors, though he admitted: "It was agonizing to say no to Phil because of what I think of him and what he's done for my career."

Well, it was the right decision.

After hiring Derek Fisher, the Knicks fell apart, winning just 17 games in 2014-15 after Stoudemire and Bargnani were hampered by injuries all season while Hardaway's development went awry. In the meantime, they traded J.R. Smith and Iman Shumpert to the Cleveland Cavaliers in a feeble attempt to clean house. It was and remains their worst season in franchise history.

The Knicks have never recovered, winning just 32, 31 and 29 games in each of the following three seasons which included the departure of Fisher, Jackson, Anthony and Jeff Hornacek, who was fired after two seasons as head coach last month.

In the meantime, Kerr led the Warriors to its first NBA title in 40 years while Curry went on to win league MVP. They added another title last season thanks to the acquisition of Kevin Durant after dropping a 3-1 lead in the 2015-16 Finals to the Cleveland Cavaliers, ruining an NBA-record 73-win season.

Golden State is once again the favorites to win the NBA title this season as they hold a 1-0 lead over the Houston Rockets in the Western Conference Finals. The Knicks, on the other hand, are preparing for yet another year relying on ping pong balls as they learned their draft fate during the lottery on Tuesday night.

Kerr couldn't have played that situation four years ago more perfectly. JOE PANTORNO

FOR NBA DRAFT LOTTERY COVERAGE, VISIT METRO.US/NEW-YORK/SPORTS

Source: MLS tweaking trade rules

Metro New York has learned that MLS will allow TAM Discretionary signings to be traded.

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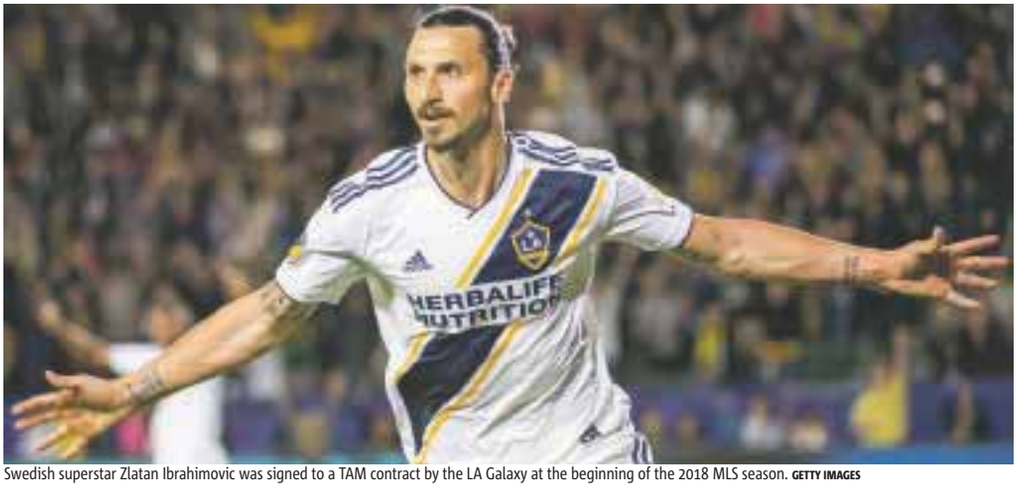
Discretionary Targeted Allocation Money (TAM) is a relatively new initiative by MLS, one that looks poised for a change to its implementation in the not-too-distant future.

Metro has learned that players signed via Discretionary TAM can now be traded, a move that MLS could announce this week, a source close to the situation says. Up until now, players signed via Discretionary TAM could not be traded for consideration within the league but the league is set to overhaul those limitations.

Up until now, a player signed with Discretionary TAM could be traded but not for consideration. In other words, a Discretionary TAM signing could be traded as a salary dump but nothing could be received in return. Now, the source said the league is close to announcing that Discretionary TAM signings can be traded for compensation.

As a new rule for adding players to a roster, Discretionary TAM is an additional $2.8 million per year that teams can apply to their roster outside the salary cap. This is outside of the restrictions in place for signings such as Designated Players and regular TAM, general allocation money and other such nuances to the league's salary cap.

The introduction of Discretionary TAM this offseason was a shrewd move by MLS, allowing teams that wish to spend more to build a roster the flexibility under the salary cap to do so. This is important as the league looks to continue to grow and add more players in their prime from South America and Europe as well as keeping domestic players in MLS.



Swedish superstar Zlatan Ibrahimovic was signed to a TAM contract by the LA Galaxy at the beginning of the 2018 MLS season. GETTY IMAGES

Players signed via the Discretionary TAM mechanism were unable to be traded within MLS up until now. The source tells Metro that "Discretionary TAM signings can [now] be traded following the second window after their signing." It is a slight tweak but gives teams greater flexibility with how to construct their rosters.

This could open the door for more movement within the league, especially as teams look to upgrade their rosters this summer.

It also could prove a boon as MLS pushes for greater international success.

That teams involved in competitions such as the CONCACAF Champions League can now make a move for eligible players signed via Discretionary TAM should help stack teams ahead of this competition. MLS made great strides this offseason with two sides making the semifinals of the CONCACAF Champions League. Toronto FC lost in the finals to Chivas de Guadalajara on penalty kicks.

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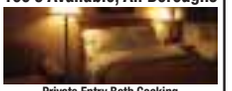

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Global Community Charter School has issued an IFB for a Food Service Management Company. Sealed bids due May 29, 2018 to 2350 5th Avenue NY, NY 10037. Publicly opened at 3:00pm. Contact echatelain@sfwgroup.org

NOTICE IS HEREBY GIVEN that a license, Number 1309010, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 172-37 Hillside Ave., Jamaica, NY 11432. Queens County, for on premises consumption. Maria Restaurant Food Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1309185, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 2051 Webster Ave., Bronx, NY 10457. Bronx County, for on premises consumption. Estrella Bronx Restaurant, Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1309186, for Wine, Beer & Liquor has been applied for by the undersigned to sell Wine, Beer & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 2244 Amsterdam Ave., New York, NY 10032. New York County, for on premises consumption. D&C Restaurant Bar & Grill, Corp.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 1359 Broadway, Brooklyn, NY 11221. Kings County, for on premises consumption. GFE Broadway-Brooklyn LLC db/a Taco Bell Cantina.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Tavern Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Tavern, under the Alcoholic Beverage Control Law at John F. Kennedy International Airport, Terminal 1, Gate 2 Departures, Jamaica, NY 11430. Queens County, for on premises consumption. M & R JFK1 JV, LLC d/b/a Downtown Market.

NOTICE IS HEREBY GIVEN that a license, Number 1305301, for Wine, Beer & Liquor has been applied for by the undersigned to sell Wine, Beer & Liquor at retail in a Bar/Restaurant under the Alcoholic Beverage Control Law at 26 Bruckner Blvd., Bronx, NY 10454. Bronx County, for on premises consumption. Made In PR Latin Cuisine & Sports Bar, Corp.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 880 River Ave., Bronx, NY 10452. Bronx County, for on premises consumption. GFE River Avenue LLC db/a Taco Bell Cantina.

Ascend Learning has issued a Vended Meal RFP. Bids due May 31, 2018 to 205 Rockaway Pkwy, Brooklyn, NY 11212 by 4:00pm. Contact echatelain@sfwgroup.org

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GAMES

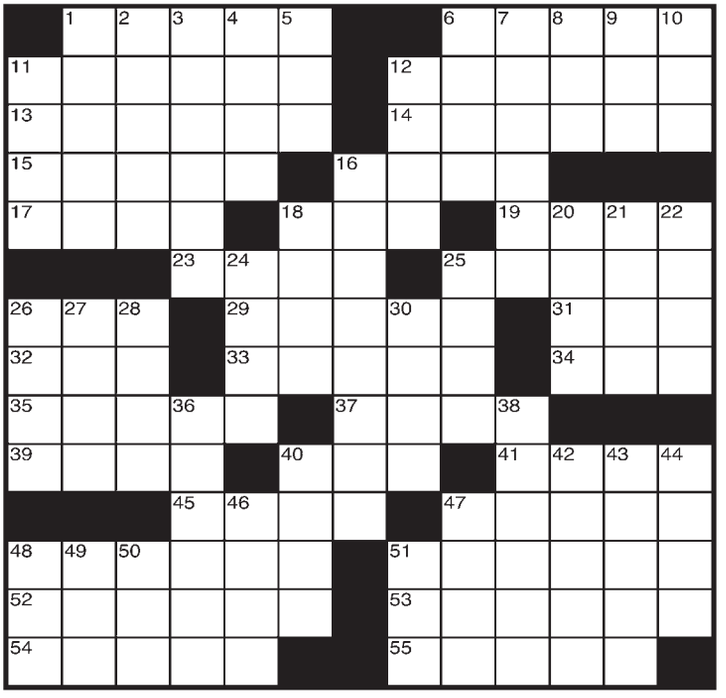
metro.us/crossword

ACROSS

1 Bread ingredient
6 Gets going
11 Keaton or Crabbe
12 Indiana Jones' lid
13 Tentacle possessors
14 Elbowroom
15 Hound's trail
16 Soft drink
17 Safekeeping
18 Amigo of Fidel
19 Lofty
23 Bone-dry
25 Ghostly
26 Aunt or bro.
29 German sausage
31 Rope-a-dope boxer
32 Frost 33 Precise
34 Lose -- -- whisker
35 Jagged rocks
37 Warty critter
39 Black-and-white divers
40 In need of refilling
41 Start over
45 "Once -- a Time"
47 Kept
48 PC messages
51 Light, porous rock
52 Gambling games
53 Blockbuster sci-fi
54 Luau
55 Kind of congestion

DOWN

1 New Mexico's flower
2 Organic compound
3 Sets right
4 Fall mo.
5 Part of TNT
6 Bulrush
7 Think
8 Plant crops
9 Geologic division
10 Come out with
11 Pear variety
12 Arctic mass
16 Hotel chain
18 Heart of the matter
20 Fast horse
21 Type of pad
22 Spunky movie princess
24 Lambs' ma'ams
25 "Butch Cassidy" role
26 Costa --
27 Neutral color
28 Faucet problem
30 Barge
36 ISS gear (hyph.)
38 Some soaps
40 Bad bottom line
42 Title role for Madonna
43 Window sticker
44 Baltic tributary
46 Conspire
47 Fiji capital
48 Brownie
49 One of the Three Stooges
50 -- -- moment's notice
51 Poor review



metro.us/sudoku

easy

1						9	6	
	2				6			3
		9		3	1		5	
	7						8	6
	1		3	5	8		2	
3	9						1	
	5		9	2		6		
2			6				9	
	6	4						7

hard

						4		
			6	8	2			7
	8	6	1			2		9
	1			4		9		2
9								3
2		8		9			7	
7		1			6	8	9	
3			8	2	5			
		5						

metro.us/games

PAR SCORE 145-155

L1	A1	I1	I1	M3	G2	N1		RACK 1
R1	R1	A1	O1	Y4	O1	T1	Double Word Score	RACK 2
E1	I1	S1	F4	R1	L1	E1	Triple Word Score	RACK 3
S1	T1	N1	H4	A1	E1	H4		RACK 4

NEW TURN BACK TO PAGE 17 FOR HOROSCOPES

Yesterday's Scrabble answers.

G2	U1	N1	P3	L1	A1	Y4	RACK 1 =	89
P3	A1	I1	N1	T1	E1	D2	RACK 2 =	60
N1	I1	F4	T1	I1	L1	Y4	RACK 3 =	63
V4	E1	L1	V4	E1	T1	Y4	RACK 4 =	74

PAR SCORE 185-195 JUDD'S TOTAL 286

Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Seven-letter words get a 50-point bonus. "Blanks" used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Yesterday's Crosswords

A	P	E		D	D	T			C	A	T	S		
C	O	B		E	R	A	T		A	L	O	E		
C	L	A	B	B	E	R	S		S	A	F	E		
T	O	Y	O	T	A		U	R	A	N	U	S		
			R	O	D		N	I	B					
V	I	G	O	R		T	A	M	A	L	E			
A	N	O	N		B	U	M	S		O	A	R		
N	C	O		Z	U	N	I		U	R	S	A		
	A	N	G	E	L	A		S	L	E	E	P		
			U	R	L		F	I	T					
L	A	P	T	O	P		S	E	R	G	E	S		
I	N	I	T		E	N	T	R	A	N	C	E		
O	N	C	E		N	O	O	R		A	H	A		
N	E	A	R			G	P	A		T	O	M		

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